

**ABSTRACT**

A suspension device for disposition between a support post of a bicycle and a suspended member, such as a bicycle seat and bicycle handlebars, having an invertible connector body with a support post mounting, a horizontal median and two shoulder surfaces disposed above the median or below the median.. The connector body has at least two sleeves with two slide pins slidably mounted in and passing through the two sleeves, and a top bracket and a bottom bracket fixed to top and bottom ends of said slide pins, with two springs disposed between the shoulder surfaces and the brackets and a seat or handlebar mounting connected to the top bracket.